18/MHS06/013

1. A functional food is a natural or processed food that contains non-biologically active compounds which when in defined qualitative and quantitative amounts, provide a clinically proven and documented health benefit and therefore an important source in the prevention, management and treatment of chronic diseases of the modern age.

b) i. Conventional foods- These are the most basic functional foods because they have not been modified by fortification and are still in their natural state. Eg: most whole fruits and vegetables

ii. Modified foods- Functional foods that have been enriched, fortified or enhanced with nutrients or other beneficial ingredients. Eg: calcium-fortified orange juice, folic acid-enriched bread, etc.

iii. Medical foods- Functional foods that are formulated to be consumed enterally under the supervision of a physician and is intended for the specific dietary management of a disease or condition.

iv. Foods for special dietary use- These are similar to medical foods but are available commercially and do not require the supervision of a health care provider.

c) i. They aid in growth and developments: Certain functional foods contain vitamin B-complexes that aid in the promotion of growth.

ii. Reduces risk of heart diseases: foods with omega-3 fatty acids aid in that aspect

iii. Help lower cholesterol levels: oatmeal contains soluble fiber that lowers cholesterol level

1. Nutritional status assessment is the result of several interrelated factors which is influenced by certain factors including the quantity and quality of the intake of food and physical health.

b) Anthropometric techniques of nutritional assessment. This is the measurement of size, weight and proportion of the body and the common types include, height, weight, head circumference, etc.

3. Nutrition’s life stages include: Pregnancy, Infancy, Childhood, Adolescence, Adulthood and Older Adulthood.

Pregnancy/ Early pregnancy: A varied diet with adequate amount of energy and nutrients is necessary for both the mother and the baby during and before pregnancy. Healthy body weight is important before pregnancy; being underweight can make it difficult to conceive and give the baby a low birth weight, being overweight comes with complications like high BP and diabetes. During the first 6 months, women don’t need to eat more food than normal because the body becomes more efficient at absorbing and using nutrients. The last 3 months of pregnancy, the estimated average requirements increase by averagely 800kJ daily.

Infancy: Lactation is process of producing breast milk. Breast milk provides all the energy and nutrients a baby needs for growth and maintenance during the first 6 months of life. After 4-6 months, the baby must be given other foods in addition to breast milk. This is not recommended before 4-6 months as the intestines and kidneys of the baby may be unable to process the food.

Childhood: Energy requirements in children increase rapidly because they grow quickly and become more active. The should consume small foods frequently. Healthy weight in children should be necessary with respect to their height.

Adolescence: Weight management is important even though energy is required in their diet for rapid growth.

Adulthood: Between 19-50, nutritional requirements don’t change much except during pregnancy. Poor diet can lead to cardiovascular diseases, cancer and type-2 diabetes therefore, a healthy weight and balanced diet is required.

Older Adulthood: Energy requirements gradually increase after 50. People over 65 may eat less because of difficulty in chewing and swallowing, etc.